

Ultimate Frisbee Camp Calendar


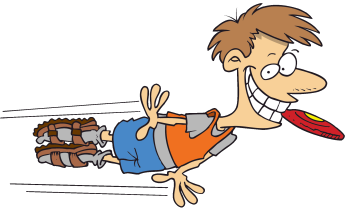



SUMMER 2016

Camp Session Dates:

August 8, 2016 – August 12, 2016

Camp Location East Beach (East Parking Lot)

On the sand just East of playground

Monday 8/8	Tuesday 8/9	Wednesday 8/10	Thursday 8/11	Friday 8/12
<p>1:00pm Parent check kids in; kids practice throw techniques and warm up with each other</p> <p>1:15pm Introductions of coaches, CITs, & Participants</p> <p>1:20pm What is Ultimate Frisbee? Q&A and a Spirit Game</p> <p>1:30-2:00pm Practicing different types of throws</p> <p>2:00pm Break</p> <p>2:10-3:00pm Various games/ drills to practice and enhance the skills</p>  <p>3:10pm-4:00pm Split up into teams and Play!</p>	 <p>1:00pm Parents check kids in; kids throw informally with each other.</p> <p>1:15-1:45pm Practice throwing techniques</p> <p>1:45-2:15pm Practice and discuss new offense and defense techniques</p> <p>2:25-4:00pm Implement and execute new skills in Ultimate Frisbee game and other disc related games</p>	<p>1:00pm Parent check kids in; kids practice throw techniques and warm up with each other</p> <p>1:15-1:45pm Practice throwing techniques</p> <p>1:45-2:15pm Practice and discuss new offense and defense techniques</p> <p>2:25-4:00pm Implement and execute new skills in Ultimate Frisbee game and other disc related games</p> 	<p>1:00pm Parent check kids in; kids practice throw techniques and warm up with each other</p> <p>1:15-1:45pm Practice throwing techniques</p>  <p>1:45-2:15pm Practice and discuss new offense and defense techniques</p> <p>2:25-4:00pm Implement and execute new skills in Ultimate Frisbee game and other disc related games</p>	<p>1:00pm Parent check kids in; kids practice throw techniques and warm up with each other</p> <p>1:15-1:45pm Warm up with some fun games</p> <p>1:45-4:00pm Divide into teams and play mini ultimate games in a TOURNAMENT STYLE!!!</p> 

WELCOME PLAYERS TO ULTIMATE FRISBEE!



This camp will teach your children all the aspects of the sport of Ultimate Frisbee, including its unique concept called Spirit of the Game. While Ultimate is similar to many traditional sports in its athletic requirements, it sets itself apart because it is self-officiated, even at the highest levels of competition. Because of this, participants learn how to play sports with honesty and integrity while remaining competitive.

Please assure that your player comes prepared with the following every day:

- ✓ Reusable water bottle
- ✓ Sunscreen
- ✓ Soccer cleats/
closed toed shoes
(only for camps in June)
- ✓ Thick Socks (only for
camps in August)

*If you have any questions or need more information, please call the Parks and Recreation Department Youth Activities/ Sports Office at (805) 564-5495.
100 E. Carrillo St. Santa Barbara, CA 93101*